

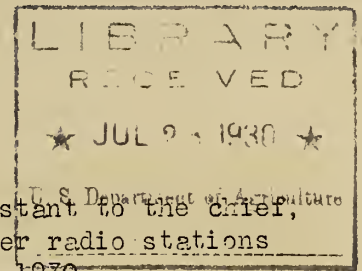
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THE HOUSEHOLD CALENDAR.



A radio talk by Mrs. Rowena Schmidt Carpenter, assistant to the chief, Bureau of Home Economics, delivered through WRC and 34 other radio stations associated with the National Broadcasting Company, July 9, 1930.

HOW DO YOU DO, HOMEMAKERS!

By the questions that are coming in to us, I know that many of you are once more preparing to put up a supply of fruits and vegetables for winter use. If you have to buy fruits and vegetables for canning, you must consider the cost pretty carefully, comparing it with the cost of the same product if bought fresh when out of season or bought commercially canned at any season. You may find that even if you allow nothing for your time, your home preserved products cost more than commercially canned or out of season fresh things. If you like your own better, all well and good, just so long as you know what you are paying for.

But many of you have your own berry patch, fruit orchard, and vegetable garden with such an abundant crop that the family cannot use the yield while the season lasts. For you canning is a very good means of stretching the summer variety into the winter diet. Since YOU are such a large family, stretching from coast to coast and from north to south, I must be thinking of fruits large and small, early and late. So let's begin with berries.

Blackberries, blueberries, dewberries, huckleberries, loganberries, raspberries, -- the whole berry family may be treated alike when it comes to canning. Berries are so juicy that we have to be careful not to dilute them with water lest the can seem full of liquid with only a few berries floating on top. You will find that for good color and a full pack in the jars, it is best to cook the berries first in a kettle, with sugar but with no water. One-fourth to one-half of a pound of sugar is used for each pound of fruit, depending upon the sweetness of the berries. (Be sure not to make them too sweet). Place the fruit and sugar together in a kettle and stir them ever so gently as they heat to the boiling point; then boil for five minutes. For a good pack fill the jar as full as possible with berries, adding only as much juice as you need to fill in around the fruit. This will leave extra juice in the kettle, even though you have used no water in cooking the berries. But fruit juice is always handy for refreshing summer drinks, and for flavoring ice cream and ices, and for making sauce to serve over frozen desserts and puddings. So put the extra juice in jars and process it right along with the jars of berries. Place the containers filled with hot berries or juice in the hot canner, and process at the boiling temperature for five minutes. If you like to see the berries evenly distributed through the juice, just turn the sealed jars upside down to cool as they come from the canner.

For many of you the cherry season is now at its height. If you don't mind the seeds, you can put up whole cherries with the least amount of work. Prick the cherries to prevent shriveling, and then pack them in hot containers,

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covering the fruit in the jar or the can with boiling sirup. For sour cherries make the sirup of one cup of sugar to one cup of liquid; for sweet cherries, use one cup of sugar to 2 cups of liquid. If you remove the cherry pits, be sure to save the juice that collects and use it as the liquid in making the sirup. The flavor and color of cherries canned in sugar and juice are much better than the same kind of cherries canned in sugar and water sirup. Quart and pint glass jars of cherries are processed 25 minutes in boiling water, and No. 2 and No. 3 tins are processed 15 minutes. The processing time may be shortened for seeded cherries by precooking them a short time just as we suggest for berries. Sweeten the seeded cherries and their juice with enough sugar to suit your family's taste, and boil in a kettle for five minutes. Then pack at once into hot containers, place in a hot canner, and process at the boiling point for only five minutes.

Many people prefer to can the larger fruits such as peaches and pears whole or in halves in sirup. If ripe and juicy, these fruits may be sliced, sprinkled with sugar and then canned in their own juice after a short cooking in a kettle, the same as pitted cherries. By either method, whether the sugar is added dry or as a sirup, a slight precooking will help obtain a fuller pack. If the fruit is very hard as some pears are, precooking is really necessary. If sirup is used, its heaviness depends partly on the condition of the fruit itself and partly on the personal taste of your own family. Take peaches for instance. Halves of peaches may be canned in thin sirup made from one cup of sugar to three of water, but many people prefer a heavier sirup around their peaches. The flavor of canned peaches is enhanced by boiling a cracked peach seed in the sirup before it is put into the jar. It takes only one peach seed to flavor a quart of sirup, in five minutes' boiling. Pint and quart jars of firm peaches should be processed 25 minutes; ripe tender peaches need only 20 minutes processing in glass. In tin the processing time is shortened to 15 minutes, and by precooking, to five minutes.

Well, homemakers, I have tried to touch only the high spots of canning a few fruits because I know you will send for our Farmers' Bulletin 1471-F, entitled "Canning Fruits and Vegetables at Home." This bulletin will answer your questions in greater detail than my time has permitted. In August we will talk about canning vegetables. In the meantime, send for our canning bulletin. And now goodbye until Friday the 18th when Miss Scott will be with me to tell you about Summer Outfits for Small Children.